



Cavalier County Health District

Farm TO TABLE

Community Garden Box Project



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TABLE OF CONTENTS

Partners	03
Summary	04
Budget	05
Build	10
Planting	13
Site Selection	16
Media Plan	18
Appendix	22
Appendix A - Contacts and Links	23
Appendix B - Press Release	25
Appendix C - Flyer	26
Appendix D - Radio Communications	27
Appendix E - Interpretive Sign	28
Appendix F - Media Calendar	29



OUR PARTNERS

LANGDON AREA SCHOOLS



Home of the Cardinals

- Family & Consumer Sciences Class
- Technology & Engineering Class

NDSU

EXTENSION



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PROJECT SUMMARY

Since the fall of 2022, Cavalier County Health District (CCHD), Langdon Area High School (LAHS) Technology and Engineering Department, LAHS Family and Consumer Sciences (FACS) Department, and NDSU Extension have partnered to build and place community garden boxes in Cavalier County. This partnership was made possible with grant funding from the North Dakota Department of Health and Human Services Maternal and Child Health Program. This project aimed to teach LAHS students about farm-to-table gardening but has the added benefit of making fresh fruits and vegetables available to community members at no cost at the locations where they are placed.

The project partners recognized that having access to fresh fruits and vegetables is integral to maintaining a healthy weight and reducing the long-term risks of chronic disease. The group also identified that having access to fresh fruits and vegetables is an ongoing reported concern of community members.

Cavalier County Health District wrote the grant, provided overall project supervision, and completed reporting requirements. The LAHS Technology and Engineering Department Construction class drafted plans, selected materials, constructed the boxes, and designed signage for the garden boxes. The LAHS FACS class selected seeds and plants for the boxes, placed the boxes at community locations, added soil, and planted the boxes. NDSU Extension taught the FACS students in-ground versus raised garden-box gardening, provided planting instruction, and educated on the plants selected. NDSU Extension created informational signage on the plants in the boxes to help community members identify the plants and know when to harvest them.

Teaching youth farm-to-table gardening gives students the skills to grow their own fresh fruits and vegetables in the future. The community garden boxes also have the benefit of increasing access to free fresh fruits and vegetables for not just the students but community members. Additional community partners, Cavalier County Courthouse, Wheatland Estates, Maple Manor Care Center, Northern Valley Human Service Zone - Langdon Office, Cavalier County Senior Meals and Services, Milton CHS, Osnabrock Community Living Center, First Insurance Main Street Munich, Langdon Area High School, and Langdon Area Elementary School agreed to host and care for community garden boxes at their locations. The boxes at these places will have fresh fruits and vegetables available for late summer and fall harvest at no cost to community members. The project would not have been possible without the commitment of these entities to place and care for garden boxes. Partner efforts to help the plants thrive throughout the summer, make the boxes accessible for harvest, and completing final harvest and clean up in the fall are vital to making these boxes available to Cavalier County residents.



BUDGET



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PERSONNEL HOURS

		GRANT FUNDS	LOCAL MATCH
CCHD	Administrator	57.50 hours	0 hours

Project management. Tracked invoices and expenditures, completed reporting requirements, secured supported community partnerships for community garden box placements and maintenance, assisted with box transport and placement, selected and ordered interpretive signage, and supervised media campaign planning and placement.

	Media Coordinator	18.50 hours	0 hours
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Created earned and paid print media placements, created, recorded, and placed earned and paid radio placements, created two newsletter articles, created and posted social media placements on the availability of and health benefits of community garden boxes.

LAHS - Tech	Faculty	0 hours	50 hours
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Selected garden box design, selected materials, instructed students on basics of construction, evaluated and instructed on any safety concerns, the overall plan of procedure, bill of materials, supervised and instructed on construction techniques and box assembly, designed and created laser-engraved signage for each garden box, and documented progress with photographs.

	Students	0 hours	51 hours
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Participated in learning objectives listed above and constructed garden boxes.

LAHS - FACS	Faculty	0 hours	33.5 hours
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Selected seeds, plants, soil, fertilizer, liner for boxes, supportive materials such as watering cans, tomato cages, and garden gloves, partnered with NDSU Extension on lesson plans, supervised moving and planting of garden boxes, and cared for boxes until moved to sponsor locations.

	Students	0 hours	24 hours
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Learned about square-foot-gardening, in-ground vs. raised garden box planting techniques, planted and watered garden boxes, and labeled all seeds and plants.

NDSU Ext.	Staff	0 hours	10 hours
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Provided classroom instruction to FACS students on square foot gardening, in-ground versus raised garden box gardening, seed planting and care, and plant info. Hours included time to complete interpretive signs, classroom prep and instruction time.



Remember to consider fringe when calculating personnel expenses.

EQUIPMENT		
	GRANT FUNDS	LOCAL MATCH
Table saw, planer, router station, band saw, drill press, miter saw, jointer, Kreg pocket jig, drill, drill driver, router, sanders, router bits, and laser engraver.	\$0	\$20,000.00



Value estimated by LAHS Tech Instructor

TRAVEL, FOOD, & LODGING		
	GRANT FUNDS	LOCAL MATCH
In-county mileage to deliver garden boxes, signs, and supplies.	139 miles	15 miles

Mileage to deliver community garden boxes, signs, and supplies to rural sponsoring entities in locations such as Munich, Milton, Osabrock, and Langdon.



Building space rental/storage was not something that our office needed to consider. However, it may be an expense to consider for other entities, particularly if a fall semester build is planned or completion occurs early in the spring semester and winter climate prevents placement early in the spring semester.


SUPPLIES

		GRANT FUNDS	LOCAL MATCH
Lumber	\$200/box x 31 boxes	\$6,200.00	\$0

The project used treated lumber for the box bases and cedar for the remainder of the box. Partners suggest doing all cedar in future projects for maximum durability, which would increase the project cost to roughly \$250/box.

Misc.	Supplies needed for garden box assembly	\$1150.00	\$0
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Screws, wood glue, wood glue dispenser, weed barrier, staples, staple gun, countersink bit, insulation certifoam, sanding discs, and sealant.

 Sealant to be applied one year after garden box completion and landscape fabric were thought of at the last minute and should be considered in the budget.

Potting soil	\$13/ bag x 120 bags	\$1560.00	\$0
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Miracle Grow raised bed potting soil was used to fill garden boxes.

Seeds/Plants	Seeds (carrots, beets, lettuce, radish, green beans, cabbage, onions) Plants (tomatoes, peppers)	\$102.00	\$0
Planting equip.	Supplies needed to plant garden boxes	\$257.00	\$0

Garden gloves, trowels, tomato cages, hand rakes, watering cans, and plant labels.

Garden Box Care Supplies	Supplies needed to care for garden boxes given to each site.	\$353.60	\$0
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Watering cans, trowels, fertilizer, and hand rakes.

 There is a 'square foot gardening template' available on Amazon, if approved to do again LAHS FACS would like to purchase a couple (\$30/each on Amazon).

Interpretive signs/ Plant tags	\$46.99/frame x 19 signs Plant tags 200 @ \$7.97	\$900.78	\$0
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Interpretive sign frames to place with raised community garden boxes describing how to identify the plants and when to harvest.

Copies	\$0.10/copy for black & white \$0.25/copy for color. approx. \$275/newsletter x2	\$4.70/ B&W \$222.50/ color \$550 /newsletter	\$0
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Promotional posters and newsletters were created and shared to promote awareness of the project.

COMMUNICATION

		GRANT FUNDS	LOCAL MATCH
Earned radio	Two spots - twice a day x 7 days (45 sec)- valued at \$200/spot	\$0	\$400.00
Earned Newspaper Ads	Two ads- 2x2 inch boxed earned Health Tips valued at \$100/spot	\$0	\$200.00
Paid Newspaper Ads	Three ads - 2 x 6 inch paid media newspaper spots (in color) at \$255/ spot	\$765	\$0
Paid Radio	Two radio spots- twice a day x 7 days (60sec) at \$200.00/ spot	\$400	\$0
Newsletter Article	One article- newsletter article inserted in the weekly newspaper	\$32.50	\$0



BUILD

"It is great to work together as a team and I have really enjoyed working on this project."

Erika Balsdon
LAHS Construction Student

"I feel like we've all worked as a team to get done and I think they turned out great"

Dawson Hein
LAHS Construction Student

"It felt good to be a part of this project. The grant we received in order to even do these garden boxes this year was a great call. It will feel kind of great to see what me and my classmates achieved this semester when the boxes go up around town."

Tru Decker
LAHS Construction Student

BUILD

Langdon Area High School Technology and Engineering Department Construction class selected a box design, selected materials, constructed the boxes and designed laser engraved signage for the garden boxes. The following components were considered when deciding what the garden boxes should look like and how many we would need.

Blueprint

CCHD Admin checked with neighboring communities and locations to obtain build advice and shared with LAHS Construction instructor. The instructor found an online tutorial video to use as a building template (see Appendix A for video link).



Would include drafted plans in the future, as time did not allow for this step in this grant cycle. Jigs were made and will be saved for use in future projects.

Raised

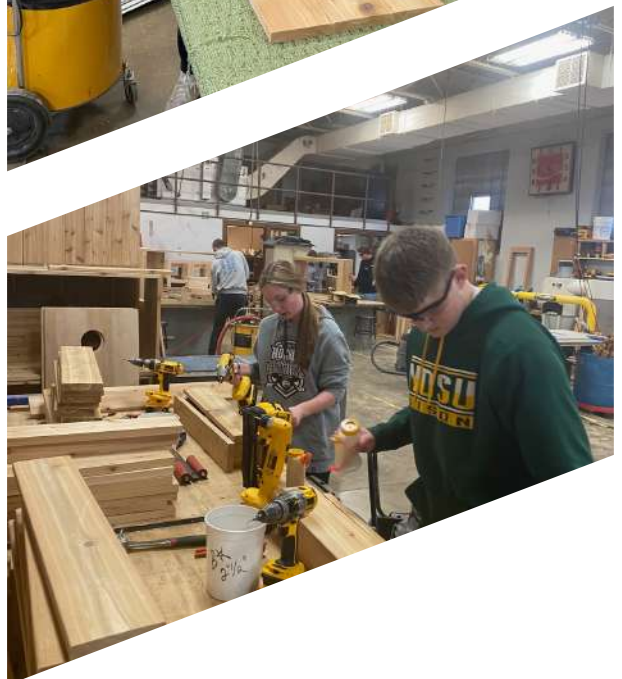
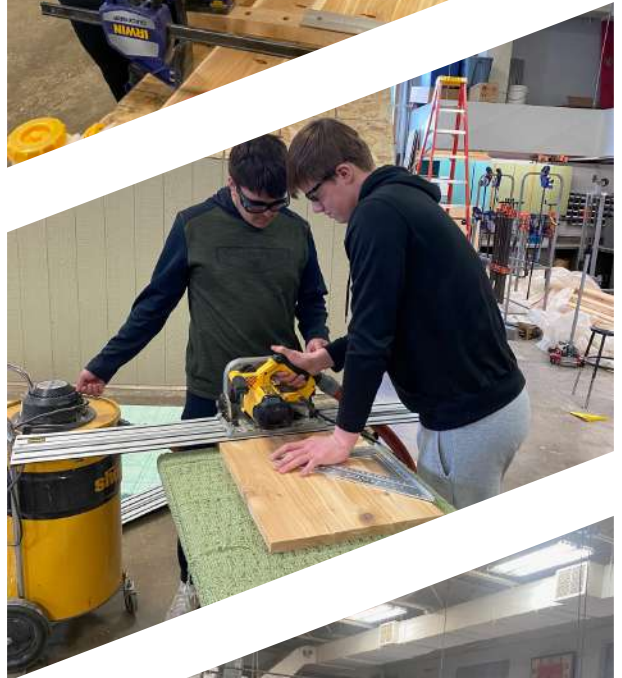
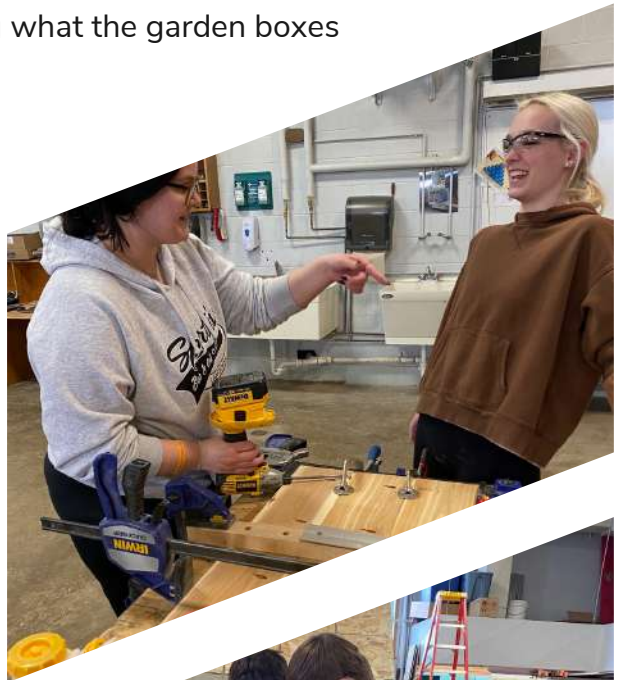
To allow for increased accessibility for community members such as those who have mobility impairment.

Durable

Cedar wood was chosen to maximize durability due to harsh climate. Boxes are heavy and need to withstand 4 seasons.



Consider weight of finished project, ability to transport completed boxes, as well as storage of boxes from completion to site delivery.



Quantity

The build capacity of LAHS Construction class was considered. 22 garden boxes were able to be built and placed throughout the community.

💡 It is important to consider the number of students and number of classes dedicated to the project in order to determine capacity.

LAHS Construction class typically allows students to purchase finished products at a reduced cost. Students ended up making 9 additional boxes for a total of 31 garden boxes.

The total number of garden boxes ended up being challenging to complete in the allotted time frame in part due to virtual learning and storm days. LAHS Construction class would commit to building a smaller number of total boxes in the future.

Student Engagement

Teaching youth farm-to-table gardening gives students the skills to grow their own fresh fruits and vegetables in the future. Student involvement leads to a vested interest in the project and brings awareness to the project and its goals. Having LAHS students involved was instrumental in reaching the goals of this project.

💡 Challenges to product completion included factoring in storm days, virtual learning, and other building projects that needed to be completed.

💡 Don't forget to have partners take pictures of project progress and ensure there is a photo release for all students included in photos.





PLANTING

"While we were planting I learned about a couple things. I learned about the depths and how the plant will grow in different places according to its position to the sun. I also learned about how to mark placement for the seeds and what the numbers mean on the back of the packet on how to plant them. The last thing I learned about was how the different types of soil may effect the growth and what types of soil to use when planting different types of seeds."

Jacob Matthew Collier
LAHS FACS Student

"In the time we spent planting boxes I have learned a lot. I learned how to plant seeds, like how deep to plant them. I didn't know that you could use your thumb nail to make the seed hole. I also learned that you aren't supposed to dump water right on the dirt but that you should use your hand to fountain the water."

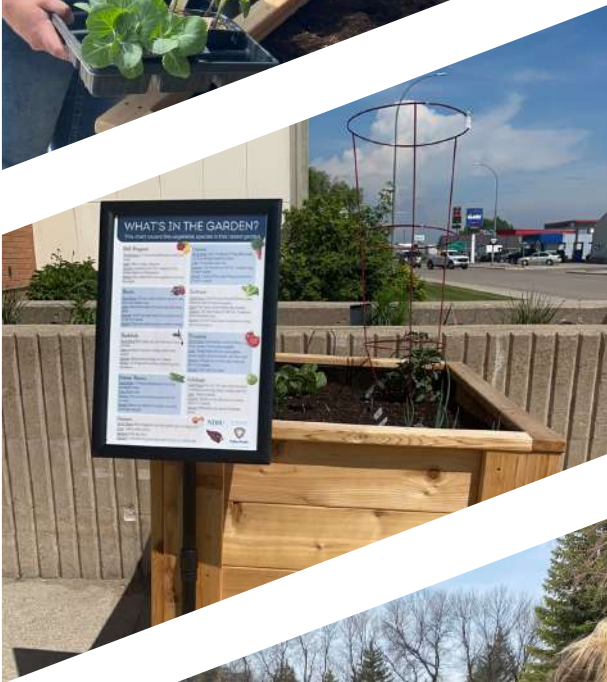
McKenzie Regner
LAHS FACS Student

"This project has been an excellent learning experience for my students. Many of them have not helped parent, grandparents or others garden in the past but expressed an interest in helping this spring and summer! They were thrilled on the days that they got to go in the community and plant the garden boxes - and were excited when community members would walk by and ask them questions. I even have a couple students who are interested in helping care for the garden boxes that are at the elementary and high schools! I am excited for the fall, I hope that some of the boxes will still be producing vegetables that we can harvest and use in a few food and nutrition labs. How fun will it be for my students to have planted the garden boxes in the spring, and then be able to cook a new recipe or make fresh salsa with the vegetables that they grew?"

Amy Kram
LAHS Family & Consumer Sciences and FCCLA Advisor

PLANTING

NDSU Extension partnered with LAHS FACS students to provide plant/planting education and assisted in the selection of plants and planting of the garden boxes.



PLANT EDUCATION


- Square foot gardening
- In-ground vs raised garden box planting
- Plant care


NDSU Extension provided education on square foot gardening, in-ground vs raised garden box planting, and plant care (see appendix A for contact information and to request a copy of the PowerPoint).

PLANT SELECTION

- Type
- Placement

Several things need to be considered when selecting plants including growing season, garden box size, water, sunlight, and size of the mature plants. NDSU Extension partnered with LAHS FACS staff and students to select plants. NDSU Extension also provided education and assistance with plant placement strategy (see Appendix E for selected plants and Appendix A for a link to "A Beginners Guide to Harvest").

 It would be helpful for the planting team to map out plants and square footage needed in each garden box and collaborate with the build team to ensure the box size works with planting strategy selected (i.e. square foot gardening).

 May want to consider purchasing additional plant/seed varieties with a short growing season such as lettuce that can be planted later in the growing season and after early plants are harvested.

PLANTING

Landscape Fabric

Landscape fabric was affixed to all garden boxes by LAHS students prior to adding soil.



LAHS students were able to get about 4 boxes lined and 3-4 boxes planted per class period if they had to move them to the final location.

Soil

This project used bagged soil specifically made for container gardening. For the size of boxes used, it took 5 ½ bags (1.5 cu) to fill each.



It is easier to move the empty garden boxes and then fill/plant at the final locations as they were very heavy.

Method

LAHS FACS students planted the garden boxes using the square foot garden method (see Appendix A for a link to information on square foot gardening). NDSU Extension assisted with plant placement and educated students on watering technique (i.e. using a sprinkle type watering can vs strong hoses or dumping water).



Don't forget to take pictures along the way.



WHAT'S IN THE GARDEN?

This chart covers the vegetable species in this raised garden.

Bell Peppers

Plant & Space: 1-2' square with sufficient soil around, best in raised bed.
Color: Yellow, orange, red, green.
Planting: Container at 12" for 3 weeks, or in the in-ground above the refrigerator.
Harvest: Harvest when fully grown, allow to ripen to remove bitterness.

Carrots

Plant & Space: 1/2" to 1" wide, 5.5-6" deep with a heavy soil floor and loose topsoil to flower.
Color: Orange with green tops.
Planting: Container at 12" for 3 weeks, or in a plastic bag in-ground above the refrigerator.
Harvest: Harvest when fully grown, pull above top of ground, and pull.

Beets

Plant & Space: 1-2' wide, twice about the size of a round bell pepper.
Color: Various colors: green, red, purple, orange, red, and yellow.
Planting: Container at 12" for 3 weeks, or in the in-ground above the refrigerator.
Harvest: Harvest when fully grown, pull above top of ground, and pull.

Lettuce

Plant & Space: Several rows, several inches apart, in a row.
Color: Light green, green, dark green, red, or purple.
Planting: Container at 12" for 3 weeks, or in a plastic bag in-ground above the refrigerator.
Harvest: Harvest when fully grown, pull above top of ground, and pull.

Radish

Plant & Space: Small shape, size and color vary among varieties.
Color: Variety of colors: mostly red with white centers.
Planting: Harvest in 3-4 weeks for 2-4 weeks.
Harvest: Harvest 2-4 weeks after sowing, and harvest by roots, not leaves.

Tomatoes

Plant & Space: Several rows, several inches apart, in a row.
Color: Usually bright red, but can be yellow, orange, pink, green or striped, and other colors.
Planting: Harvest in 6-8 weeks, or more, when fully grown.
Harvest: Harvest when fully grown, pull above top of ground, and pull.

Green Beans

Plant & Space: 1-2' long with thickness of a green bean, and several rows.
Color: Bright green.
Planting: Harvest in 4-6 weeks, pull above top of ground, and pull.
Harvest: Harvest in 4-6 weeks, pull above top of ground, and pull.

Cabbage

Plant & Space: 1/2" to 1" wide, about the size of a radish, and several rows.
Color: Green or purple.
Planting: Harvest in 6-8 weeks, pull above top of ground, and pull.
Harvest: Harvest in 6-8 weeks, pull above top of ground, and pull.

Onions

Plant & Space: Round, tapered root with green tops, can vary in size.
Color: Yellow, white, & red.
Planting: Harvest in 6-8 weeks, pull above top of ground, and pull.
Harvest: Harvest in 6-8 weeks, pull above top of ground, and pull.



SITE SELECTION



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Several factors were considered when selecting suitable sites for the community garden boxes.

	Examples/ Rationale
Public Access	<ul style="list-style-type: none"> • Courthouse • Schools <p>These sites are publicly visible to a wide demographic on heavily traveled streets.</p>
Rural Outlying Communities	<ul style="list-style-type: none"> • Milton • Munich • Osnabrock <p>Included rural locations with smaller populations and decreased food access.</p>



Other places to consider for placement include parks, other rural communities, businesses, churches, daycare centers, hospitals, and health centers.

Willingness to Maintain Garden Boxes	This was a vital component that was considered for all sites that expressed interest in having a garden box.
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May want to consider reaching out to groups like 4-H, FFA, Girl/Boy Scouts, BioGirls, etc. to care for boxes. The project could potentially offer a stipend to groups or individuals willing to care for garden boxes.



Ensure, when selecting placement at the site location, that there is the availability of a water source to water and care for plants, adequate sunlight, and easy access to the garden boxes for community members. Remember to follow up with selected sites throughout the project to notify them of project progress and prepare them for garden box placement.

Considered spaces that would benefit from social and physical enrichment opportunities in caring for the garden box	<p>Long-term care facilities</p> <p>Congregate living facilities</p>
Locations that may serve a population of individuals with an increased risk of food insecurity	<p>Social services</p> <p>Senior meals and transit center</p>



Other places to consider for placement include homeless shelters, food pantries, and housing authorities.



MEDIA PLAN

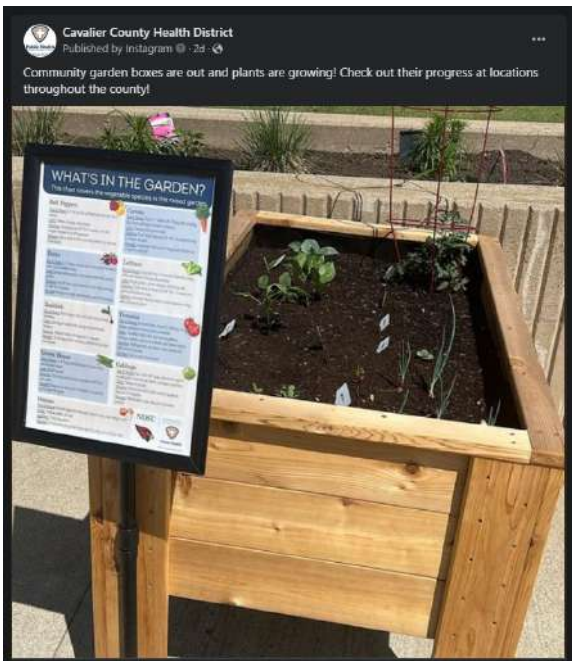


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MEDIA

CCHD administrator and media coordinator worked together to plan, create, and deliver a multi-channel media campaign that promoted community awareness about the project.



SOCIAL

Facebook, Instagram, etc.

- Created a short post and video reel for social media on the garden box project plan and progress during construction and planting.
- Created short posts and for social media throughout the growing season to notify the community of growing progress and when plants are ready to harvest


💡 If approved to complete this project again, It would be ideal to begin the media plan sooner and build awareness as early as possible.

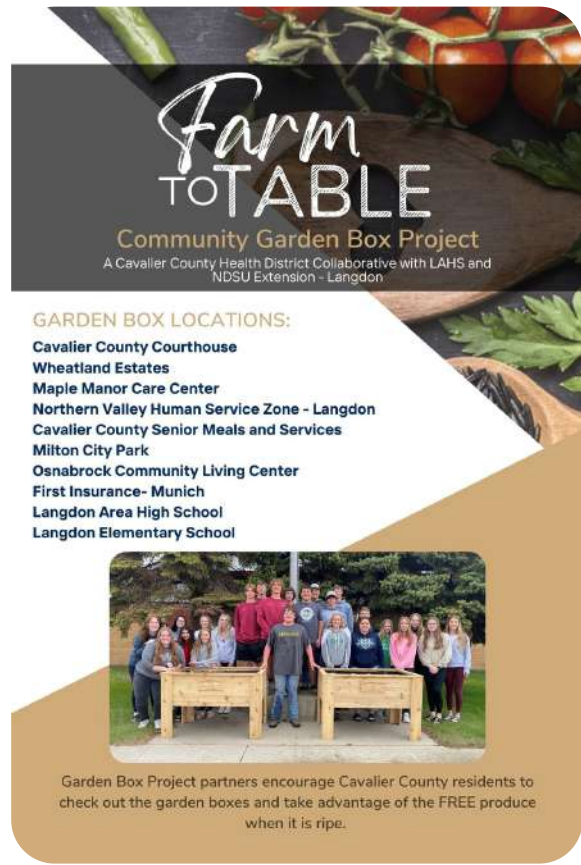
💡 Don't forget to ask your partners to like and share your garden box posts, it will help to spread community awareness of the project and its progress.

PRINT

Newspaper / Flyers


- Created a flyer to post at locations throughout the county that shared information on where garden boxes were located.
- Shared flyer information in our quarterly newsletter (which is inserted in our local newspaper) on social media, our website, in email groups, and on public access channels to coincide with box placement.
- Created and placed a press release on the project in the local newspaper to coincide with box placement (see Appendix B for an example).
- Created two earned health tips placements on the project that were placed in the local newspaper.
- An ad was sent to the Borderland Press (our local weekly newspaper), and three paid ads will run over four months.

 Keep in mind that changes happen all of the time. CCHD had two sites change the location of their garden boxes after media was created, scheduled, and disseminated. This resulted in the need to update all scheduled and dispersed media. It is important to remain flexible and plan to make changes and updates along the way to ensure community members have the most accurate and up-to-date information.



Farm to TABLE
Community Garden Box Project
A Cavalier County Health District Collaborative with LAHS and NDSU Extension - Langdon

GARDEN BOX LOCATIONS:
Cavalier County Courthouse
Wheatland Estates
Maple Manor Care Center
Northern Valley Human Service Zone - Langdon
Cavalier County Senior Meals and Services
Milton City Park
Osabrock Community Living Center
First Insurance- Munich
Langdon Area High School
Langdon Elementary School



Garden Box Project partners encourage Cavalier County residents to check out the garden boxes and take advantage of the FREE produce when it is ripe.

Health Tip
Provided by Cavalier County Health District
Check out community garden boxes placed throughout the county and WATCH THEM GROW!
Produce is FREE to harvest when ripe.



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Community Garden Box Project
A Cavalier County Health District Collaborative with LAHS and NDSU Extension - Langdon

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Garden Box Project partners encourage Cavalier County residents to check out the garden boxes and take advantage of the FREE produce when it is ripe.



Since the fall of 2022 Cavalier County Health District (CCHD), Langdon Area High School (LAHS) Technology and Engineering Department, LAHS Family and Consumer Sciences (FCS) Department and NDSU Extension have partnered to build and place community garden boxes. This partnership was made possible with grant funding from the North Dakota Department of Health and Human Services Maternal and Child Health Program. The goal of this project was to teach LAHS students about farm to table gardening but has the added benefit of making fresh fruits and vegetables available to community members at no cost at the locations where they are placed.



RADIO

Earned Radio

- Participated in interviews on the local radio station about the project as well as created two 45-second radio scripts and recorded placements to run two times daily for seven days explaining the garden box project and included contact information to learn more (see Appendix D for sample script).

Paid Radio

- Created two 60-second radio scripts and recorded placements to run twice a day for seven days each time.



You could have students and/or partners record radio spots in their voice, allowing community members to hear about the project from those directly involved.

TV

Public Access Channel

- The flyer that was created and posted throughout the community was also sent to two local public access channels to air spring until fall.



See Appendix F for a media content timeline.



It is important to consider timing with ALL media placements. Potential times to consider creating and sharing media would be during planning, building, growing, and harvesting.



APPENDIX



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APPENDIX A

	Supplies
Langdon Building Center (building supplies)	212 9th Ave E, Langdon, ND 58249 (701) 256-5191
Langdon Hardware (planting supplies)	804 1st St, Langdon, ND 58249 (701) 256-2120
	LAHS - Tech and Construction Class
Garden Box Building Plan Video	https://tinyurl.com/yuss2aeb
Rich Olson Technology & Engineering Langdon Area High School	Rich.Olson@k12.nd.us (701) 256-5291
	LAHS - FACS
Amy Kram Family & Consumer Sciences and FCCLA Advisor Langdon Area High School	Amy.Kram@k12.nd.us (701) 256-5291
	NDSU Extension
Square Foot Gardening	https://tinyurl.com/4yd49b93
NDSU Field-to-Fork (Full Guide)	https://tinyurl.com/5dz6db53
Field to Fork Pocket Guide (A Pocket Guide to Preparing Fruits and Vegetables)	https://tinyurl.com/s9jtw443
Bailey Reiser NDSU Extension Agent Agriculture & Natural Resources	bailey.reiser@ndsu.edu (701)256-2560

APPENDIX A CONTINUED

	CCHD - Social Media
Coming Soon	Facebook: https://tinyurl.com/2mx4pks6
	Instagram: https://tinyurl.com/5n8rsmrd
Completion	Facebook: https://tinyurl.com/mudrpdnn
	Instagram: https://tinyurl.com/2jdbf7bv
Growing	Facebook: https://tinyurl.com/mpubyz92
	Instagram: https://tinyurl.com/sj2sazfc
Harvest	Facebook: https://tinyurl.com/m9n8b9tk
	Instagram: https://tinyurl.com/4mh4ujbm

**Press Release
For Immediate Release**
May 26, 2023
Steph Welsh
Cavalier County Health District
stwelsh@nd.gov

Entities Partner on Community Garden Boxes

Langdon, ND

Since the fall of 2022, Cavalier County Health District (CCHD), Langdon Area High School (LAHS) Technology and Engineering Department, LAHS Family and Consumer Sciences (FCS) Department, and NDSU Extension have partnered to build and place community garden boxes. This partnership was made possible with grant funding from the North Dakota Department of Health and Human Services Maternal and Child Health Program. The goal of this project was to teach LAHS students about farm to table gardening but has the added benefit of making fresh fruits and vegetables available to community members at no cost at the locations where they are placed.

The project partners recognized that having access to fresh fruits and vegetables is an integral part of maintaining healthy weight and reducing the long-term risks of chronic disease. The group also identified that having access to fresh fruits and vegetables is an ongoing reported concern of community members.

Cavalier County Health District wrote the grant, provided overall project supervision and completed reporting requirements. The Langdon Area High School Technology and Engineering Department Construction class drafted plans, selected materials, constructed the boxes and designed signage for the garden boxes. The Langdon Area High School Family and Consumer Science class selected seeds and plants for the boxes, placed the boxes at community locations, added soil and planted the boxes. NDSU Extension provided lessons to the FCS students on in-ground versus garden-box gardening, planting instruction and information on the plants selected. NDSU Extension also created informational signage on the plants in the boxes to help community members identify the plants and know when to harvest them.

Teaching youth farm to table gardening gives students the skills to grow their own fresh fruits and vegetables in the future. The community garden boxes also have the benefit of increasing access to free fresh fruits and vegetables for not just the students but community members. Additional community partners, Cavalier County Courthouse, Wheatland Estates, Maple Manor Care Center, Northern Valley Human Service Zone Langdon Office, Cavalier County Senior Meals and Services, Milton City Park, Osnabrock Community Living Center, First Insurance Main Street Munich, Langdon Area High School and Langdon Area Elementary School agreed to host and care for community garden boxes at their locations. The boxes at these places will have fresh fruits and vegetables available for late summer and fall harvest at no cost for community members. The project would not have been possible without the commitment of these entities to place and care for garden boxes at these locations. Their efforts to help the plants thrive throughout the summer, make the boxes accessible for harvest and completing final harvest and clean up in the fall are vital to making these boxes available to Cavalier County residents.

According to one of the students working on the project, "It felt good to be a part of this project, the grant we received in order to even do these garden boxes this year was a great call. It will feel kind of great to see what me and my classmates achieved this semester when the boxes go up around town," Tru Decker.

The Garden Box Project partners encourage Cavalier County residents to check out the garden boxes throughout the growing season and take advantage of the produce on maturity. Cavalier County locations interested in hosting possible future garden boxes are encouraged to reach out to Cavalier County Health District at 256-2402.



Farm TOTABLE

Community Garden Box Project

A Cavalier County Health District Collaborative with LAHS and
NDSU Extension - Langdon

GARDEN BOX LOCATIONS:

- Cavalier County Courthouse**
- Wheatland Estates**
- Maple Manor Care Center**
- Northern Valley Human Service Zone - Langdon**
- Cavalier County Senior Meals and Services**
- Milton City Park**
- Osnabrock Community Living Center**
- First Insurance- Munich**
- Langdon Area High School**
- Langdon Elementary School**



Garden Box Project partners encourage Cavalier County residents to check out the garden boxes and take advantage of the FREE produce when it is ripe.

APPENDIX D

Community Garden Box- Radio 1

Cavalier County Health District, Langdon Area High School and NDSU Extension have partnered to build, plant, and place community garden boxes throughout Cavalier County. This partnership was made possible with grant funding from the North Dakota Department of Health and Human Services Maternal and Child Health Program. The goal of this project was to teach Langdon Area High School students about farm-to-table gardening but has the added benefit of making fresh fruits and vegetables available to community members at no cost at the locations where they are placed.

Garden Box locations include Cavalier County Courthouse, Wheatland Estates, Maple Manor Care Center, Northern Valley Human Service Zone in Langdon, Cavalier County Senior Meals and Services, Milton City Park, Osnabrock Community Living Center, First Insurance in Munich, Langdon Area High School, and Langdon Elementary School.

Check them out and watch the plants grow. When the produce is ripe, feel free to harvest what you need. It's HEALTHY and FREE!

CCHD would like to thank everyone who made this project possible, including all of the community partners who agreed to care for the garden boxes, LAHS staff and students who built and planted the boxes, and NDSU Extension for assisting with planting and plant education. We could not have done it without each and every one of you!

Community Garden Box- Radio 2

The community garden boxes in Cavalier County are flourishing! You can find these boxes at various locations throughout the county, including the Cavalier County Courthouse, Wheatland Estates, Maple Manor Care Center, Northern Valley Human Service Zone in Langdon, Cavalier County Senior Meals and Services, Milton City Park, Osnabrock Community Living Center, First Insurance in Munich, Langdon Area High School, and Langdon Elementary School.

Visit a garden box near you, and if there's any remaining produce, we'd appreciate it if you could help us by harvesting it. And enjoy the health benefits of fresh fruits and vegetables for free.

We would like to extend our gratitude to everyone who contributed to this project, including community partners who took responsibility for the garden boxes, LAHS staff and students who constructed and planted them, and NDSU Extension for their assistance in planting and plant education.

We are looking forward to continuing and expanding this project in the next growing season, so stay tuned for more information next spring.

WHAT'S IN THE GARDEN?

This chart covers the vegetable species in this raised garden.

Bell Peppers



Size & Shape: 4-5" or can be softball size smooth, firm, round.

Color: Yellow, orange, red, green

Storage: Cool place at 42 F for 2 weeks, or in the crisper drawer in a refrigerator

Harvest: Use a clean knife or pruning shears to remove from plant

Carrots



Size & Shape: Top is ~1" wide, & 6-9" long with a bushy top; Root will taper thicker to thinner

Color: Orange with green tops

Storage: Cool, moist place at 33-40 F, in a plastic bag in crisper drawer

Harvest: Loosen soil, then grab foliage just above top of carrot, and pull

Beets



Size & Shape: 2-3" wide, can be about the size of a tennis ball; round, bulblike roots.

Color: Leaves will be green, roots are bright red, can be yellow

Storage: Cut off tops, and store in a cool, moist area @ 33-40F for 5 months

Harvest: Grasp area right above root, pull firm & steady

Lettuce



Size & Shape: Loose lettuce, or heads of lettuce, many different kinds of shapes & varieties

Color: Bright green, green shades, red, or purple

Storage: Cool, moist area at 33-40F for ~ 2 weeks in a perforated plastic bag

Harvest: cut outer leaves, leave center leaves as they will continue to grow

Radish



Size & Shape: Root shape, size, and color vary among varieties.

Color: Variety of colors but, mostly red with white centers

Storage: Wash & store in fridge for 2-4 weeks

Harvest: 25-45 days after seeding, pull plants by tops, trim leaves

Tomatos



Size & Shape: Several sizes, round to oblong, or egg shape, grape or cherry sizes available

Color: Usually bright red, but can be yellow, orange, purple, green or striped, and other colors

Storage: Refrigerate, or moist, warm temp (55-60F) for 3-5 weeks

Harvest: Cut or pick from plant

Green Beans



Size & Shape: 5-6" long and thickness of a pen, long and slender shape

Color: Bright green

Storage: Store in a cool, moist area above 40 F for one week

Harvest: Snap or cut the pods from plant, be careful not to tear the plant

Cabbage



Size & Shape: Can be 8-18" wide, about the size of a volleyball, round large heads, compact and firm

Color: Green or purple

Storage: Store in a cool, moist area in a plastic bag for 2-3 months

Harvest: Will double in size, about 8-18 inches across

Onions



Size & Shape: Round, layered root with green tops, can vary in size

Color: Yellow, white, & red

Storage: Cool, dry place

Harvest: In fall when the green tops start to dry out, and tip over



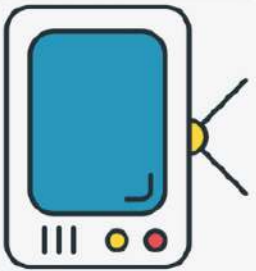





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MEDIA CONTENT TIMELINE

<p>May - Oct</p>		<p>May 8</p>		<p>May 12</p>		<p>May 26</p>		<p>May 30</p>		<p>June 1</p>	
<p>Earned Media Public Access Channel</p>	<p>Video Post</p>	<p>Partner Post</p>	<p>Earned Media Press Release</p>	<p>Partner Post</p>	<p>Flyer</p>						
<p>Farm to Table Flyer ran daily on two local public access channels from May thru October.</p>	<p>🌟 Links: Facebook: https://tinyurl.com/2mxfpkss Instagram: https://tinyurl.com/5n8saurd</p>	<p>Caption: Ready, set, grow! The first 4 community garden boxes have been planted! We are excited to play in the soil again on Monday!</p>	<p>🌟 See Appendix B for a sample press release</p>	<p>Caption: Through a partnership with the Cavalier Health District and NDSU Extension, Langdon Area Schools, Technology and Engineering, and Family and Consumer Science students built and planted 32 community garden boxes. The project was made possible through a grant from the North Dakota Department of Health and Human Services Maternal and Child Health Program. (See press release for more details.)</p>	<p>CCHD created and printed flyers that were placed on bulletin boards at local businesses throughout the community.</p>						
<p>Television</p>	<p>Facebook / Instagram</p>	<p>Facebook</p>	<p>Print</p>	<p>Facebook</p>	<p>Print</p>						







MEDIA CONTENT TIMELINE

June 5		Partner Post	<p>Caption: Community garden boxes are out and plants are growing! Check out their progress at locations throughout the county!</p>	Facebook / Instagram
June 6		Partner Post	<p>Caption: A huge thank you to Cavalier County Public Health and Langdon High School for making these beautiful community gardens come to life!</p>	Facebook
June 7		Video Post	<p>Links: Facebook: https://tinyurl.com/nudrpdm Instagram: https://tinyurl.com/2jdlb7by</p>	Facebook / Instagram
June 9		Paid Media Newsletter	<p>Farm to Table flyer was placed in our quarterly newsletter that was included in the 2nd June issue of the Borderland Press (our local newspaper)</p>	Print
June 16		Earned Media Radio	<p>CCHD administrator did a live radio interview with our local radio station discussing the garden box project.</p>	Radio
June 23		Paid Media Newspaper	<p>Ad including the Farm to Table flyer was placed in the Borderland Press.</p>	Print

MEDIA CONTENT TIMELINE CONTINUED

<p>June 29</p>		<p>Video Post</p> <p>Caption: Look at these beautiful veggies grow! It looks like the radishes may be ready for harvest. Don't hesitate to locate a community garden box near you, check out the plant progress, and harvest what you need. Video - How to wash and prepare radishes: * Links: Facebook: https://tinyurl.com/muubdyz92 Instagram: https://tinyurl.com/gj2sazt6</p>			
<p>July 7</p>		<p>Earned Media Newspaper</p> <p>Health Tip placed in local newspaper: Check out community garden boxes placed throughout the county and WATCH THEM GROW! Produce is FREE to harvest when ripe. Borderland Press included a photo piece in the newspaper at no cost in addition to our scheduled health tip.</p>			
<p>July 14</p>		<p>Paid Media Newspaper</p> <p>Ad including the Farm to Table flyer was placed in the Borderland Press.</p>			
<p>July 17</p>		<p>Earned Media Radio</p> <p>* See Appendix D for sample 'Radio 1' placement. * See Page 21 for additional details.</p>			
<p>July 31</p>		<p>Video Post</p> <p>* Links: Facebook: https://tinyurl.com/m9n8h9tk Instagram: https://tinyurl.com/4nht4ujbm</p>			
<p>August 4</p>		<p>Paid Media Radio</p> <p>* See Appendix D for sample 'Radio 2' placement. * See Page 21 for additional details.</p>			
<p>Facebook / Instagram</p>	<p>Print</p>	<p>Print</p>	<p>Radio</p>	<p>Facebook / Instagram</p>	<p>Radio</p>

MEDIA CONTENT TIMELINE CONTINUED

<p>August 11</p>		<p>Paid Media Newspaper</p>	<p>Ad including the Farm to Table flyer was placed in the Borderland Press.</p>	<p>Print</p>
<p>August 28</p>		<p>Paid Media Radio</p>	<p>✦ See Appendix D for sample 'Radio 2' placement. ✦ See Page 21 for additional details.</p>	<p>Radio</p>
<p>August 31</p>		<p>Social Media Post</p>	<p>Caption: The community garden boxes in Cavalier County are flourishing! You can find these boxes at various locations throughout the county...</p> <p>✦ Links: Facebook: https://tinyurl.com/twvxx3bp Instagram: https://tinyurl.com/3p2ar2pv</p>	<p>Facebook / Instagram</p>
<p>September 6</p>		<p>Earned Radio</p>	<p>✦ CCHD administrator did a live radio interview with our local radio station discussing the garden box project.</p>	<p>Radio</p>
<p>September 11</p>		<p>Earned Radio</p>	<p>✦ See Appendix D for sample 'Radio 2' placement. ✦ See Page 21 for additional details.</p>	<p>Radio</p>
<p>September 15</p>		<p>Earned Media Newsletter</p>	<p>Health Tip placed in local newspaper: -Check out community garden boxes placed throughout the county and help us by harvesting any remaining produce and taking advantage of FREE, healthy, locally grown fruits and vegetables. Placement in our September newsletter about harvesting remaining produce. Inserted in the Borderland Press.</p>	<p>Print</p>

THANK YOU!

We would like to take the time to thank everyone who helped make this project possible.

For more information please reach out to us at
Cavalier County Health District
701-256-2402

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